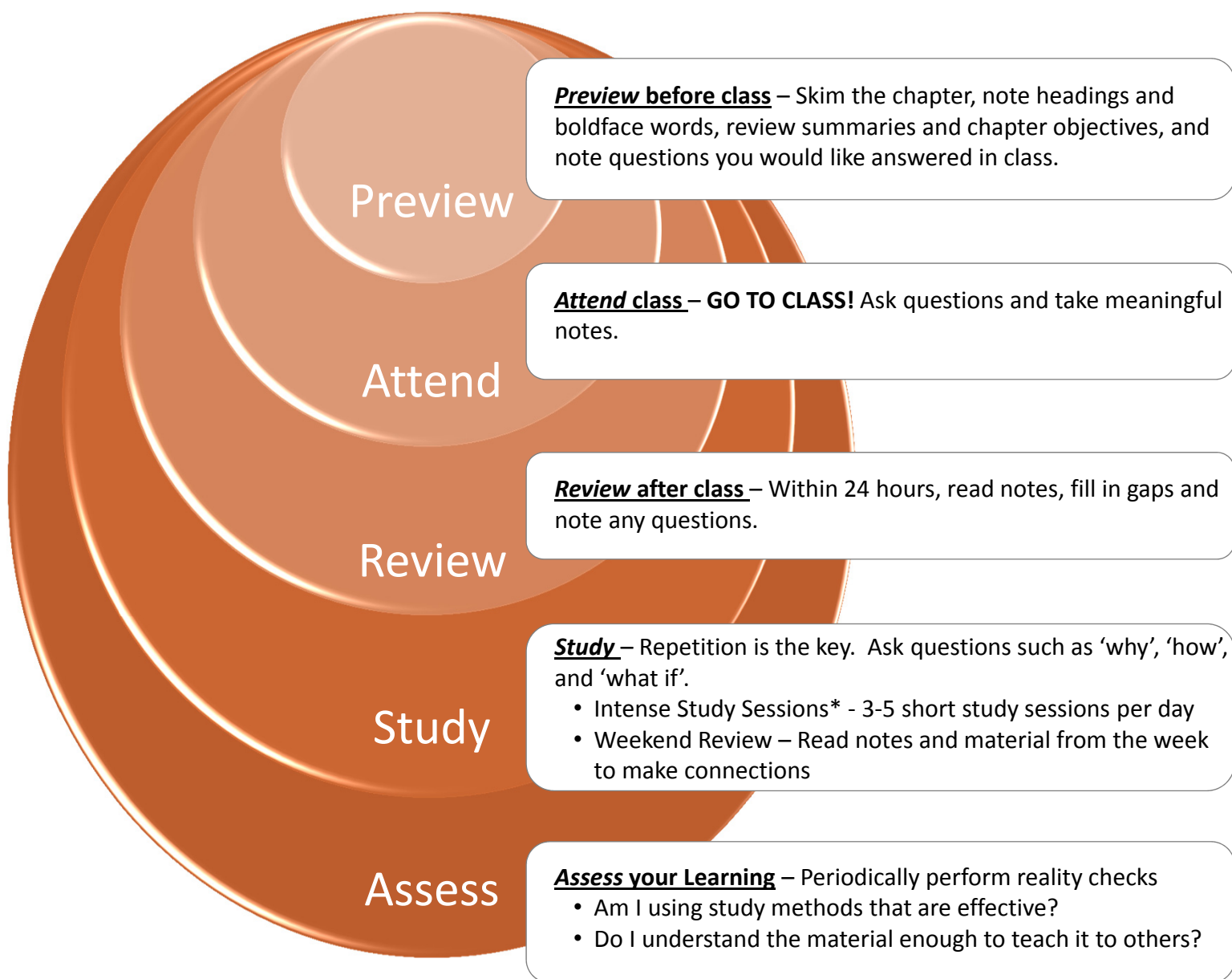


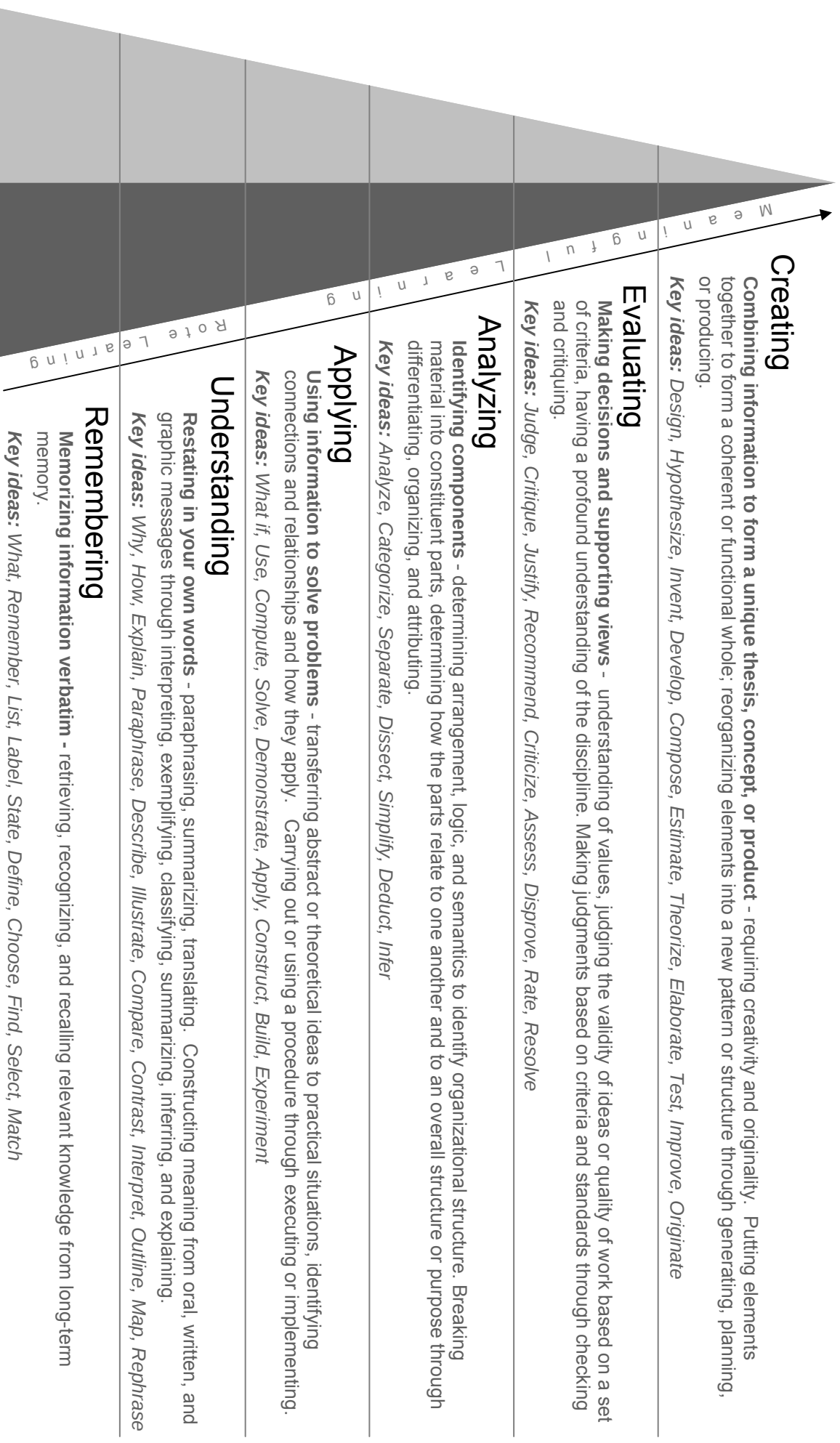


*Intense Study Sessions

1	Set a Goal	(1-2 min)	Decide what you want to accomplish in your study session
2	Study with Focus	(30-50 min)	Interact with material - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
3	Reward Yourself	(10-15 min)	Take a break – walk around, get a snack, relax
4	Review	(5 min)	Go over, summarize, and wrap-up what you studied

How I Learn

Learning Levels . Bloom's Taxonomy



Revision of Bloom's Taxonomy of the Cognitive Domain (Bloom et al., 1956 Forehand, M., (2005). Bloom's taxonomy: Original and revised. In M. Orey (Ed.), Emerging perspectives on learning, teaching, and technology